

<p>TICKETS: CAMROSELIVE.CA Box Office 780.608.2922</p> <p>Milton SCHLOSSER Remembering: Music by Chopin, Ravel, Schosser SUN Nov 8 @ 8pm Cargill Theatre</p> <p>ckua '18 '15 adult / senior / student</p>	<p>CENTRAL AGENCIES Family SERIES</p> <p>Sharon & Bram For the entire family! SAT Nov 7 @ 2pm Cargill Theatre</p> <p>'21 '17 adult / senior / student</p>	<p>6 Guitars Performed by Chase Padgett TUE Nov 10 @ 8pm Cargill Theatre</p> <p>'24 '22 adult / senior / student</p>
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October 28, 2015

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Spirit of the Land Conference

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Photo: UNIVERSITY OF ALBERTA

Augustana Remembers Mark Chytracsek

By EMILY MCILROY

The thoughts and prayers of the Augustana community are with the Chytracsek family after the passing of Mark Chytracsek, the Augustana Director of Student Services. Mark was a friend to many, a father, a husband, a mentor, and a member of the Augustana family. Dean Allen Berger said, "He was at the heart of Augustana," and he truly was.

Mark engaged in every aspect of the Augustana community, from Residence Life, to the Aboriginal community, to athletics, international students, the Students Association, and food services, to name but a few.

"His role at Augustana was more than a job—it was his lifestyle and calling. Mark was always a safe person to talk to, he empowered people, students, staff,

and faculty. ... He brought a very human element to the institution ... and he came at his job with heart," said Mark's long-time friend and co-worker Rob Ford.

"Mark was a peacemaker. He would often smooth things over ... even if it was not an area of his direct concern," said Ford. Ford remembers Mark as someone you could meet once and always remember, though Mark's near-ubiquitous presence meant meeting Mark just once was practically unheard of.

Berger said Mark was "the campus dad,"—and he was in many ways. Not only did his family live on campus, but he was a mentor for students, faculty, and staff.

Mark and his family have been part of the Augustana community since 1982 when they moved into the Moi Hall resi-

dence. They lived there for 17 years, while he worked a total of 33 years at Augustana.

"There was something calming about having a family living on campus," said Ford. "It allowed students to have a family away from home. If they missed a pet or a parent figure or a sibling, the Chytracsek family was right there to support ... You were only a guest in their house for about 30 seconds—then you were at home. ... Mark made you to feel comfortable there because you were considered family. He wanted you to know you are an active participant, you are a part of something, and you are not just a casual observer on the path."

Mark's passing brought to the surface fond memories for everyone who knew him. Jaynita Maru, International Student

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Please address any compliments or complaints to the Editor.

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FROM THE EDITORS

Academic Writing is Terrible



CAMRON RAYNOR
EDITOR IN CHIEF

Academic writing is a boring and ineffective form of communication. Not only is it frustrating to read, it's also frustrating to write in a way that I know disengages the reader. I've come to realize that academia could take a lesson or two from journalism—a field in which writers value their readers' time and attention.

Not only does academic writing invoke nightmares for undergraduates everywhere trying to write essays in the wee hours of the morning, it also makes ideas coming out of academia needlessly inaccessible to the general public.

Quite frankly, academic writing is terrible.

Research suggests that half of academic journal articles are read only by their authors and editors. Even Nature, the journal with the highest impact rating worldwide, is viewed online by only 1.5 million unique visitors per month.

By comparison, the Economist garners 4 million per month for the New York Times is viewed by 57 million per month and as for BuzzFeed?—Over 200 million unique viewers per month.

Admittedly these are not fair comparisons. Academic journals convey subject matter that isn't accessible to a wide audience no matter how it's presented and requires an extensive educational background to grasp.

However, academic writing only makes communicating more difficult. A typical academic paper suffers

from two main problems: First, the information the reader is looking for is buried in the middle or near the end of the paper. Second, the language used is needlessly technical and unclear.

Journalists, on the other hand, are taught to place the most important information at the beginning of their articles and to articulate the most essential information to the reader right away. Readers can grasp the most important information after the first paragraph and immediately decide whether to continue reading.

Many of us are experiencing first-hand the awful experience that is reading academic papers.

The most important information is not the background research done before the new research took place. It isn't the research methodology. And it's not the reasons the researchers had for pursuing the research. What the reader really wants to know is the results.

Once the reader understands the results, the rest of the article automatically becomes more interesting. They'll think "wow, that's really interesting. I wonder how they figured that out" and then "I wonder why they chose those research methods."

To make matters worse, academic articles are often needlessly full of jargon.

It is true that in technical fields there is a need for precise terminology. However, in some cases simpler terminology could just as easily be used instead. Internet mocking of academic language, such as <http://hlmly-thesis.com/>, draw attention to this problem.

This use of excessive words is called "verbosity" and this use of abstract language alienates potential readers. Creating sentences with so much "precise" language that multiple google searches are required isn't doing the reader or the author any favours.

As we enter the second half of the fall term, many of us are experiencing first-hand the awful experience that is reading academic papers. We're spending countless hours poring through convoluted articles as we learn to compose academic papers ourselves.

We're told by our professors that learning to write essays is teaching us to think critically and to be better communicators. It's not.

Billionaire hedge fund manager Paul Tudor Jones said, "Today, in business, time is money... Being able to see and think and understand what the issue is in the first couple of paragraphs is actually paramount to being efficient at what you do."

Tudor Jones said when he gets a memo from someone where the most important points aren't in the first paragraph he "literally rips it up and throws it in the garbage" and then "makes them take an online newspaper writing course."

"If you can take the whole issue and distill it down into its most important parts... you'll be able to see the big picture and come up with the best answer."

The Things We Carry



JENNIFER ROZEMA
EDITOR

The expression "everyone has baggage" simply is not something that brings to mind the most pleasant images. Generally baggage

is seen as a negative aspect of someone's character. In some instances, it can even be used as a way to measure the worth of a person. People think to themselves, "If this person has X as baggage, why can't they deal with it? Why can't they cope and move on? They won't succeed very far in life if they carry everything with them."

These assumptions create a barrier around people. It's hard to look at someone, while knowing what their baggage is, and not form presumptions about them. Having this judgmental mindset does nothing to better ourselves as individuals.

Rather, the mindset we hold towards others eventually turns towards ourselves.

After only being able to see someone for their baggage, and judging them for it, similar thoughts become a format for how we view ourselves. If we only see the negative aspects in others, how do others see us?

Moving on from a traumatic circumstance in life is not an easy feat.

This destructive pattern of thought needs to stop. People need to stop tearing others down by assuming the worst about them. You may know an individual's baggage. What you may not know

is how that baggage affected them, or why they still carry it around with them.

Moving on from a traumatic circumstance in life is not an easy feat. Whether it be emotional trauma, stress, work inequality, family issues, personal demons or anxiety, nothing is as simple to move past as saying "just get over it". Healing and growth take time and often there are many setbacks. Judging someone based on the struggles they are handling is a horrible fault of character.

We need to reach out to each other. Once we stop judging others for the baggage they carry, we can stop judging ourselves. Everyone has struggles and issues. No one needs the added condemnation of what others may think about them.

Reach out to someone. Help them with their unique baggage, instead of having a disdainful viewpoint about them because of the things they carry.

New Website

thedaglightale.ca

- Stay Up to Date On the Latest News
- Never Miss the Next Issue
- Find Past Articles

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Photo: University of Alberta

Interview with Peter Berg
Photo: Peter Berg

Spirit of the Land Conference
Photo: Eric Steele

Fourth Annual Spirit of the Land Conference to be held at Augustana

By KATELYN GAIL

On Nov. 13, 14, and 15, Augustana will host the fourth annual Spirit of the Land Conference about the relationship between people and the land. This year's theme is "Making Peace with the Land."

The conference will focus on engaging in dialogue about the environment, economy, spirituality, and community. The conference will discuss how aspects are interconnected and can be integrated and mutually beneficial. Community members and students alike

This year's conference will host 3 main speakers: Professor Norman Wirzba is speaking on how people can become rooted in the land, Dr. James Makok is speaking on integrating traditional Cree medicine with contemporary medicine, and Oil Country President Dennis Cuku is speaking on greening oil country.

The Friday and Saturday of the conference will integrate round table discussions. Mündel said, "We spend a lot of time in each session in round table conversations, so that people of diverse backgrounds and perspectives can carefully listen to each other."

Sunday will feature post-conference workshops on subjects such as using solar power in Alberta, how to urban garden, and Cree culture and history. Mündel said that the hope of the conference is "to generate hope and enthusiasm."

By the end of the conference, organizers hope participants will be equipped with the knowledge and skills they need to make peace with the land and fully integrate their relationship with the economy, the environment, their spirituality, and their community.

"After attending the conference two years ago, I was impressed with the sense of community and the open dialogue that it promoted," said Carley Angelstad. Angelstad is a fourth-year student who attended the last two conferences, helped organize last year's and is helping



Attendees at the 2014 Spirit of the Land Conference.

Photo: ELLIE STEELE

ing to organize this year's conference.

For Angelstad, the conference has created a dialogue of hope amidst today's typical industrial narrative. "We always hear about the destruction of the environment, and we often feel hopeless to stop it."

"This conference provides an open and encouraging space to bring together people from different backgrounds and engage in meaningful and positive conversations about land and community. This is an effort to support initiatives and groups that are working to restore the natural world."

Mündel hopes the conference will "generate hope and enthusiasm for students and community members." He said

he hopes attendees will "engage in a variety of ways" and learn how both indigenous and settler people can reconnecting to the land in urban and rural contexts."

Mündel said people from all backgrounds are encouraged to come out:

"We cannot bring about a transition to a life and life-style that cares for nature, air, water, land, people, if we do not do it together. We have to learn to listen to each other."

Registration for the conference is now open. More information, and registration, can be found online at spiritoftheland.ca. Early bird registration rates apply until Nov. 5.

are welcome to come out to this event.

Professor Dittmar Mündel, the professor behind the conference said that for this conference the focus is "deliberately on our need to be reconciled with the land, with Indigenous people and with our communities, if we are to live more lightly on the land."

The setup of the conference is different from most traditional conferences. "It is... undergrad led and undergrad invented," said Mündel.

Chester Ronning Centre: Unlocking Augustana's Potential

Submitted by AUTUMN MACDONALD

I was approached by Catherine Caulfield, Associate Director of the Chester Ronning Centre for the Study of Religion and Public Life (Ronning Centre), on behalf of David Goa, Director of the Centre, to work on updating the new CRC website last winter semester. I had two initial thoughts.

My first thought was, "Money? What is money? I can get paid for sitting on my butt at home. Yes please!"

My second thought was, "This will make an awesome reference on my résumé."

Ah, yes. The life of the broke university student. I didn't really fully understand what I was taking on when I signed up for the job, but man was I ever misguided in my assumptions. Make some easy mon-

ey, get a good reference, then I'm done!

Of course these weren't my only motives to work at the Ronning Centre, but they were really good incentives to hop on board. However, what I gained most from my experience working with the Ronning Centre was priceless: My eyes have been opened up to a world I have never imagined could exist in Camrose.

My job was to organize all of the audio and video files that the Ronning Centre had online and write up a summary for each file. The range of information that these files provide is phenomenal. These topics regard spirituality, religion, international issues, and ethics among other themes.

All of these files are from previous Ronning Centre events and include

lectures and presentations from highly respected academics and community members, some of which are respected visiting fellows of the Ronning Centre.

My eyes have been opened up to a world I have never imagined could exist in Camrose.

I remember in my first year, I was wandering around the Augustana Library, checking out every nook and cranny, which to some may seem undauntingly benign or dull. However, for me, it was an unexplored paradise. Often it

slips by me how lucky we are at Augustana and at the University of Alberta to have almost universal access to knowledge.

Students and faculty alike have access to plenty of library databases, the NEOS library consortium, and the Chester Ronning Centre. Due to my experience working at the Ronning Centre, I now know it brings so much value to the University of Alberta and Augustana.

Now here's my shameless plug: I highly recommend you check out the Chester Ronning Centre website at: <https://www.augustana.ualberta.ca/research/centres/ronningcentre/>

See for yourself what the Ronning Centre has to offer!

Ronning Centre Offers Essay Resources

Submitted by CATHERINE CAULFIELD

Check out the topics section of the Ronning Centre website. There you will find meaningful ethical reflections which draw on a range of citable sources associated with human rights, our care for the life of the world and our understanding of difference—multiple perspectives, all just one click away: <https://www.augustana.ualberta.ca/research/centres/ronningcentre/pressroom/afghanistan.html>

The Ronning Centre has resources on the following topics:

- Afghanistan
- Alberta
- Animal Rights
- Art and Artists
- Atheism
- Baptists
- Bioethics

- Blasphemy
- Buddhists and Buddhism
- Christian Science Church
- Christian Zionism
- Church of God
- City and Community
- Death and Dying
- Democracy
- Diplomacy
- Discrimination and Prejudice
- Ecology
- Economy
- Education
- Energy
- Ethics and Morality
- Evangelicals
- Food
- Free Speech
- Germany
- Government
- Health and Healthcare

- Hinduism and Hinduism
- Human Rights
- India
- Indigenous Peoples
- Interfaith and Intracultural Dialogue
- Islam and Muslims
- Israel
- Jews and Judaism
- Justice
- Land and Place
- Law
- Lebanon
- Lutheran Church
- Mar Thoma Church
- Marriage and Family
- Media
- Methodology
- Norway
- Orthodox Church
- Pakistan
- Palestine
- Perspectives on "the other"

- Pluralism and Multiculturalism
- Politics
- Poverty
- Prisons and Corrections
- Prostitution
- Public Policy and Faith-based Non-Governmental Organizations (NGOs)
- Public Theology
- Puritans
- Quebec
- Reasonable Accommodation
- Reformed Church
- Religion and Public Life
- Religious Beliefs and Practices
- Religious Extremism
- Religious Freedom
- Reproductive

- Technology
- Roman Catholic Church
- Sanctuary
- Science
- Secular and Secularism
- Shia Islam
- Social Welfare
- Society
- South Africa
- Spiritual Life
- State
- Sufism
- Syria
- Technology
- Turkey
- United Church of Canada
- United States of America
- War and Peace
- Wealth
- Women

Augustana's Surprising History

By MELISSA WILK

Augustana is a campus full of rich and captivating history. To write a short article about Augustana's 104 years and vast collection of unique stories is almost impossible.

Interviews with Irvin Servold, Gerhard Lotz and Roger Milbrandt, as well as Chester Ronning's dissertation, "Camrose Lutheran College" and the "History of Camrose Lutheran College" by Vincent Eriksson, describe incredible stories that have shaped Augustana.

Augustana started in August 1910, when representatives of Norwegian Lutheran congregations grouped together to form the Alberta Norwegian Lutheran College Association, they discussed the creation of the Camrose Lutheran College, or CLC, that would give young people a quality Lutheran education.

According to the School Act, the college was meant to be a place "where students may obtain a liber-

dress on. She was Marilyn Monroe, to me. I dated her a few times but then I never saw her again—that's a sad story. But it all happened here at the college. There were so many romances," said Servold.

During the 1930s and 1940s, CLC experienced hardships due to the Great Depression and the war. Students were left unable to pay tuition and staff were underpaid.

"I heard that there would be times when the institution didn't have enough money to pay those that worked here. Professors were allowed to come to the cafeteria and get food for free during this time," said former English professor, Roger Milbrandt.

The 40s brought a new struggle during the war, as over 100 students enlisted to serve Canada, leaving the college with fewer students.

The 1960s to the 1980s are considered by some to be the "good old days," when students pulled pranks, fashion changed, chaperoned dancing was permitted and the college was successful. "One day the students hauled a car up the stairs of Founders' Hall as a prank," said Milbrandt.

"In the 60s, students invented a fictitious student named Sid Zork, they paid his tuition and registered him in courses and did his homework. It was a game to see how long they could keep this fake student alive until administration found out."

"Students wanted to immortalize him by having an annual holiday called 'Sid Zork Day.' It was usually in March but there was no fixed date. The President would phone staff the night before and the next day would be it. On Sid Zork Day there were no classes."

"When it came around it was so much fun. It was more of a holiday than normal holidays. No one had plans on this day. It was a genuine holiday. It was a gift with no price tag," said Milbrandt.

In 1975, the Vikings men's hockey team defeated St. Clair College, winning gold at the Canadian Colleges Athletic Association hockey championships. For many students, this became a highlight of their time at CLC.

This was an important year for the college as construction began for new dorms, the science building and "Ole's crossing," a bridge that linked ravine residence to campus was completed. "At the time, CLC had one of the highest



The Camrose Lutheran College Choir.



Construction of Augustana's Founders' Hall in 1911.

student satisfaction ratings in Alberta," said Gerhard Lotz, a current professor.

CLC became a degree granting institution in 1985 and after a few years of debating, the college was renamed "Augustana University College" in 1990. The school also celebrated its 75th Anniversary and welcomed the Crown Prince Harald and Princess Sonja of Norway to campus.

Despite these successes, the college was still having difficulties with economic stability. "Our donor basis was horrible. We were fighting with economic difficulties. None of the buildings were in great shape and we needed resources and a library," said Gerhard Lotz.

"North Hall was a three story stucco building—I'd call it Stalin-esque architecture. Students called it the 'crack house,' because there was a big crack on one of the walls."

The board began to discuss the idea of a merger with another institution. "They were exploring a merger with Red Deer College. We thought 'are you crazy?' This was a mismatch. It wasn't very well thought out. Faculty weren't apart of the discussion—we just heard rumours."

"The board was talking to rural MLAs and they said, 'Why are you thinking about Red Deer College? You should be thinking U of A.' It was natural to affiliate with the U of A. In fact—faculty had been talking about this for about 10 years."

"The government essentially said, 'We'll tell you who you're going to merge with.' This was the unofficial story we got," said Gerhard Lotz.

On July 1, 2004 representatives from Augustana University College, the U of A and the Alberta government signed the merger agreement.

The merger joined two distinct and historical Alberta institutions together and paved a way for a new generation of Augustana students. It allowed Augustana to start new construction and gain new resources; economic instability was no longer an issue.

Now with over 1,000 enrolled, Augustana offers a small-campus setting with unique opportunities and programs that give students a distinct advantage. The spirit of Augustana stretches over 100 years of history, the atmosphere and close-knit community will never change.

North Hall was a three story stucco building—I'd call it Stalin-esque architecture.

al education in the arts and sciences".

In the fall of 1911, the first classes commenced. The Heather Brae hotel was rented and classes were held in two local churches.

On October 21, 1912 students and staff moved into Founders' Hall which provided everything: dormitories, offices for staff, the dining hall, and classrooms. Tuition started at \$40 per year, with room and board was \$120.

Students had strict schedules; they had to rise at 7 a.m., do daily chores, go to chapel, classes and attend study periods. Students were expected to be proper and become well rounded citizens.

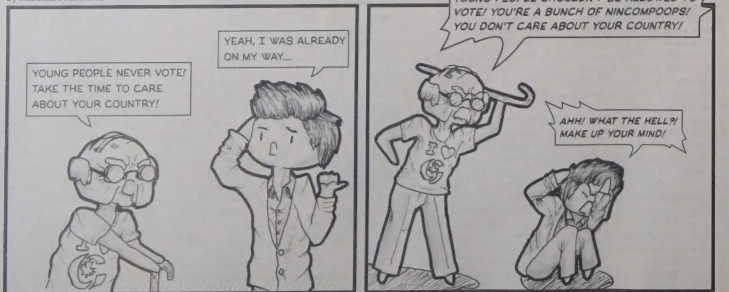
"Studies till 9 p.m. and then it was hot cocoa hour, and then of course -- straight to bed," said Irvin Servold, a 1952 graduate.

"One evening I came up the stairs and there was this girl who had a yellow

COMICS

Careful What You Wish For

By MIKAILA PERRINO





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Upcoming Home Games

Friday, Oct. 30

Volleyball

Vikings vs. Concordia
Women 6 p.m. Men 8 p.m.
Augustana Gymnasium

Hockey

Vikings vs. Briarcrest
7:30 p.m.
EnCana Arena

Saturday, Oct. 31

Hockey

Vikings vs. Briarcrest
2 p.m.
EnCana Arena

Basketball

Vikings vs. Concordia
Women 6 p.m. Men 8 p.m.
Augustana Gymnasium

Thursday, Nov. 5

Hockey

Vikings vs. NAIT
7:30 p.m.
Encana Arena

Friday, Nov. 6

Basketball

Vikings vs. NAIT
Women 6 p.m. Men 8 p.m.
Augustana Gymnasium

Saturday, Nov. 7

Volleyball

Vikings vs. NAIT
Women 6 p.m. Men 8 p.m.
Augustana Gymnasium

Friday, Nov. 13

Basketball

Vikings vs. Kayano
Women 6 p.m. Men 8 p.m.
Augustana Gymnasium

Saturday, Nov. 14

Basketball

Vikings vs. Kayano
Women 1 p.m. Men 3 p.m.
Augustana Gymnasium

Friday, Nov. 20

Volleyball

Vikings vs. Lakeland
Women 6 p.m. Men 8 p.m.
Augustana Gymnasium

Hockey

Vikings vs. RDC
7:30 p.m.
Encana Arena



SPORTS



Augustana Viking player Ibrahim Deme attempts to volley the ball after a King's Eagles' goal kick during their Oct. 18 game. The Vikings scored two goals in the last 20 minutes of play but were closely beat 5-3 by the Eagles.

Photo: JAYLA KOEBER



Augustana Vikings play the Concordia Thunder on Oct. 23, 2015 at the Encana arena in Camrose. Boyd Wakelin (#9) of the men's hockey team playing into overtime. Vikings win 2-1 with 10 seconds left on the clock.

Photo: EMIL YIM



Lake Ryan goes for the back row kill during Oct. 24 volleyball action against the King's Eagles. Despite a fiery start by the defending ACAC champions, missed serves cost them the match as the King's won in the fifth and final set. The Augustana women lost in 3 sets, putting up a strong early season effort. Next Volleyball action at home is Friday, Oct. 30, against the Concordia Thunder.

Photo: JORDY DALKE

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SPORTS



Anna Montgomery (#23) of the Augustana Vikings women's basketball team playing the King's Eagles on Oct. 23, 2015 at Augustana. The Vikings win the game with a score of 77-40 over the Eagles.

Photo: JACOB TUN



Spencer Marion of the Augustana Vikings working the opposition's left court and driving for net against 3 Lakeland players. Vikings were ultimately defeated 110-61 on Friday, Oct. 16 home opener.

Photo: TAYLA KOEGER



Sarah Warwick, and supporting teammate Talia Dale making a play inside opposing team's 3 point line in Friday, Oct. 16 game against Lakeland College. Vikings were defeated 74-44.

Photo: TAYLA KOEGER

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WAKE THE DEAD SATURDAY OCTOBER 31



Q & A: If you had the power to change one thing in the world, what would it be?



Sydney Purdy

I would like to communicate with animals like Dr. Doolittle! I'd like to know what animals are thinking when they say 'I love you' and cuddling them. I wonder if animals communicate with each other telepathically like in *Homeward Bound*.



Nils Asfeldt

I would remove all arm rests from the benches in airports—have you ever experienced a 17 hour layover? I also don't like to conform to societal norms by sitting all prim and proper. Without armrests, we wouldn't need to sit upright and you could just chill however you want.



Joe Sartison

I would make everyone like winter so there would be less complaining. Winter's not that bad: you can have snowball fights, it makes the trees look nice, and you can ski on the snow. Skiing is so much fun. And putting more clothes on would make it less cold.



Alix Jorgensen-Betke

I would make everybody my personal slaves! "Evil Laugh" just kidding... I would clean up the environment and create more animal protection programs. I would also create more educational programs directed towards children and youth to help instill environmentally friendly values in future generations.

Students Pitch and Explain Their Choice of Major

By ALLISON IKENOUE

As members of a campus that offers a rich diversity of disciplines, Augustana students are faced with an important decision: Which discipline to choose as their major.

In casual discourse between students, a student's major often comes up in conversation. A student's major gives students an easy way to identify

themselves and relate to other students within the academic community.

Students select their major for a variety of interesting reasons. Students from a variety of disciplines were posed the following questions: "If you had to convince anyone of the merit of your major, what would you say?" and "What did you base your choice of major on and why does that matter?"

Wayne Fiddler - Business

Wayne Fiddler, a former science student, switched to a Business major because of his keen interest in the stock market and economical perspectives. Fiddler said he likes the applicability and practicality of the content taught in a Business degree.

Fiddler jokingly cautioned that you might have to "throw out Maslow's Hierarchy of Needs out of the window" when you go about creating a business plan (sorry Psychology majors).

Fiddler admitted that money is a driving force in his decision to pursue a Business degree. He said he is constantly scheming of ways to apply the business methods he learns as he endeavors to join the business corporation of his choice.

James Hudc - History and English

James Hudc's decision to become a History and English double major originated from when he was a child who loved to tell stories.

Rather than presenting English or History as a valuable choice to anyone, Hudc said that the texts of his discipline have shaped our history, inspired endless ideas and theories and, therefore, require special attention.

Hudc explained that his choice to pursue a double major has been both challenging and rewarding because it has pushed him to "find and assimilate new ways of expressing oneself as a writer, and to absorb and utilize a broader and deeper understanding of the past."

Cameron Raynor - Economics

Cameron Raynor began his academic career at Augustana as a Math and Physics major, but he quickly became disengaged with the material. On the side, Raynor taught himself about Economics through radio shows about Economics and advertising.

Raynor has found his Economics major to be immediately applicable, and has used his knowledge to manage the Dagbladet as Editor-in-chief.

Raynor also spoke to what he thought critics of an Economics major might say: One view is that Economics is a field that ignores human elements in favour of achieving maximum efficiency. Raynor said, "Economics is a great

way to explore human nature in an objective way." He expanded by saying that Economics is broader than some may think, and includes fields such as behavioral economics, which focuses on human psychology and emotion.

Sarah Monk - Psychology

Sarah Monk always knew she wanted to work with people and chose a major in Psychology.

Addressing students who are considering a Psychology degree, Monk suggested that if you are interested in what drives people to make decisions, how people control their emotions and how people interact with one another, Psychology might be for you.

Pursuing a double major has been challenging and rewarding.

Monk also said that a Psychology degree doesn't lead to one clear career opportunity, but offers many possibilities to serve people in various capacities.

Monk also mentioned that her CSL placements have given her the opportunity to work under different organizations and ask professionals questions.

Monk's experiences in CSL placements have reaffirmed her choice to pursue Psychology. Monk said that as she deepens her understanding of Psychology concepts, her ambitions to work in adoption agencies and to pursue a Master's degree in Speech Pathology are strengthened.

Fowzia Huda - Psychology

Fowzia Huda, a Psychology major, also attested to the value of her CSL placements. She said that it gave her hands-on knowledge that she can apply alongside her theoretical knowledge.

Hudasad, "Don't judge a career by its stereotypes," which applies across disciplines. While some students choose their major based on their intrinsic passions, some students' majors have been arrived upon through trial, error and self-questioning. Students dwelling in a state of indecision or feeling conflicted between two majors can consider the paths that these students have taken.

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- Safire - Fabulous Fire Event**
- November 6th
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- November 20th

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Meet Augustana's New Science Department Chair Peter Berg

By CAMERON RAYNOR

This summer, Peter Berg joined the Augustana faculty as the new Chair of the Science Department—replacing Johnathan Mohr, who completed his term last year. Berg moved to Camrose from Norway, where he was a Professor of Physics at the Norwegian University of Science and Technology in Trondheim.

Berg's background is in Math and Physics, but his interests extend to Economics and beyond. On his website he lists his research interests as "Computational Physics, Materials Science, Electro-chemical Energy Technologies, Energy Science, Mathematical Modelling, and Applied Mathematics."

Berg said as Chair of the Science Department he wants to make Augustana known across Canada.

"I think there are quite a few Canadians who don't know that Augustana exists," he said. "Its unique strengths need to be made clear."

Berg hopes to build on Augustana's strengths. He said education is changing rapidly and that the classic research-intensive university model is reaching its limits. Berg thinks Augustana is doing many things correctly in order to succeed in the future of post-secondary education. He said Augustana

enables students to learn directly from professors in a "true learning environment."

Berg said he wants to see Augustana at the cutting edge of post-secondary education: "I want to be with Augustana at the forefront of where education is going."

Berg was born in Germany but lived in Canada—both in B.C. and Ontario—before moving to Norway. He moved to Camrose this summer to take up his current position at Augustana.

"[Canada] has treated me very well, so I think highly of it," he said. "I have citizenship and everything."

Berg first came to Canada to accept a postdoctoral position at Simon Fraser University in Vancouver. While there, he worked with Ballard to research fuel cell technology. "They were one of the leaders in the world in the technology," he said. "It was exciting times."

Berg continues to research fuel cells, conducting "mostly computational and theoretical" research. Berg's research focuses on hydrogen fuel cells such those used to power hydrogen cars.

Recently, Berg has broadened his research to include batteries. "There's a lot of overlap between my research and battery research," he said.

Berg said the battery industry is



Peter Berg poses with a wheel from a German Enigma machine.

much bigger than the fuel cell industry and he has "been trying to focus on aspects of [fuel cell] research that are applicable to batteries." He said working on batteries creates opportunities for the graduate students he works with.

Although Augustana doesn't have any graduate programs, Berg still plans to supervise graduate students on other campuses. Beyond that, Berg said, "My plan is to offer some undergrad research opportunities [at Augustana]."

Berg prides himself on his ability to help his students find jobs and placements. He said, "It's very important to me that they will have opportunities after their degree, whether it's continuing in academia or not."

Aside from Physics, Berg also holds an interest in Economics. A paper he co-wrote was recently accepted into a Canadian journal of Economics. His paper presents a model that describes the economic changes that occurred during the industrial revolution.

Berg has also written a book, *The Finite Planet*. The Finite Planet argues that monetary systems based on fiat currency—the most common form of currency in the world—cease to be viable when society reaches the limits of Earth's resources.

In addition to his academic pursuits, Berg loves to cycle. He has participated in a number of day-long bike tours and has toured several European countries by bike.

"Cycling to me is freedom," he said.

Horoscopes Come to the Dagligtale

By HOLLY YURKOSKI

Why do you look for horoscopes in the newspaper? Is it for hope, fortune, a good laugh? Regardless of why you read horoscopes, or if you read them at all, horoscopes are a popular feature in newspapers. Horoscopes have come to the Dagligtale, meaning you can now consult your fortune while catching up on Augustana news.

After some research into how to go about creating credible horoscopes, it turns out that, for our needs, anyone can do it. As a result I have volunteered

to provide bi-weekly horoscopes in the 'distractions' section of the Dagligtale.

In our case, Horoscopes refer to the signs derived from the Western Zodiac such as Gemini and Pisces. There are many different zodiacs and, by extension, horoscopes from all over the world. Even the Western Zodiac is far more diverse than the 12 common signs, and includes other signs for different planets. The ones we are used to associating ourselves with is our Sun sign, easily found by cross-referencing with the time of year you were born.

When asked, most students on campus told me they "sometimes" read their horoscope. Most said they read horoscopes simply because it is there and that they are interested to see what it says about their future.

The drive to consult your horoscope, even if you don't believe in it, is an interesting topic to study. Several students said that they believed other people read them in order to direct their lives and have hope in something beyond themselves. Others suggested that it was simply to have a good laugh.

There is a clear division in the horo-

scope world: some readers look for a serious consultation, while others prefer something hilarious. I want to assure you all that, regardless of the direction we choose to take the horoscopes (serious or funny), we will make sure to use proper astrological readings when doing so.

I've got my charts, I've got my books; you could almost change my title to Horoscope Professional, but I don't have a telescope yet. Regardless, I hope you enjoy our new addition to the newspaper.

This Week's Dagligtale Horoscopes



Aries: Mar 21 - Apr 19

Uranus is against you: be careful of the "me only" mentality. With the change to an NDP provincial government be prepared for some reality checks.



Taurus: Apr 20 - May 20

You'll be pressured to take risks from your classmates. Watch what they say: there may be a clue in their words that could help your finances.



Gemini: May 21 - Jun 20

Be careful of being too trusting of your teammates for class assignments. You may need to be selfish to get the mark you want.



Cancer: Jun 21 - Jul 22

Time to party with old friends from your pre-un days. Be careful of your financial situation: now might be the time for a budget.



Leo: Jul 23 - Aug 22

Distance yourself from your friends' banter. Instead strengthen yourself through a visit with a counselor or Pastor Craig.



Virgo: Aug 23 - Sep 22

You are blessed with Venus and Mars. Go to ASA events but don't help planning them. Instead focus on improving yourself and speaking to new people.



Libra: Sep 23 - Oct 22

Mercury is helping you negotiate with grace. However, be careful of arguing with your professors: getting along with them could help advance your career opportunities.



Scorpio: Oct 23 - Nov 21

Jupiter's position indicates some big rewards may be in your future. Reconnect with family and be prepared for some world-shattering views to be presented.



Sagittarius: Nov 22 - Dec 21

Saturn indicates your beliefs will be challenged. Make sure to be open to people calling you selfish; your roommate might be on to something.



Capricorn: Dec 22 - Jan 19

Pluto is inside your transect. You may feel paranoia toward political change. Believe in your friends and they'll help you regain ground on your exams.



Aquarius: Jan 20 - Feb 18

You'll be pressured to give free candy to your friends this Halloween. Be stingy and find who truly needs affirmation that you're there for them.



Pisces: Feb 19 - Mar 20

Your planet, Neptune, is pressuring you. Be cautious of promises and the urge to blame your classmates. Be open about your political views with your professors.

UPCOMING EVENTS

Vikings Games

Check out the sports sections for a complete list of upcoming Vikings home games!



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Wednesday October 28

Humans Vs. Zombies Begins

Score! Drop-Off Day
8 a.m.-6 p.m.
Augustana Info Desk

Scholar Athlete Coffee Reception

10 a.m.
Vikings Athletics Lounge
RSVP to vikings@ualberta.ca by October 23.

Founders' Hall Open House

1:30-4:30 p.m.
Founders' Hall

Augustana Student's Association

Fall General Meeting
5:30 p.m.
Roger Epp Conference Room

Thursday October 29

It Happened to Me: Experiences of Marginalization

12 p.m.
Room C-014
Brown Skin as a Bullseye for Belonging: a Spoken Word Feature on Experiences of Immigration and Learning English as a Second Language

Score!

1-4 p.m.
Augustana Forum

Friday October 30

Trick for Eats

5:30 p.m.
Help collect food for the Food Bank.

The Rocky Horror Picture Show

Midnight
Bailey Theatre
Adults Only
Tickets: \$25
Students: \$10

The Art of Song - Voice Faculty Recital

7:30 p.m.
Faith & Life Chapel
Tickets: Adults: \$18+GST,

Students & Seniors: \$15+GST
Children 12 & under free of charge

Saturday October 31

Class of '59

8 p.m.
Loughheed Performing Arts Centre
Tickets: \$39.75 plus applicable fees

5th Annual Halloween Masquerade Ball

9 p.m.
Bailey Theatre
Adults Only
Tickets: \$55 online or at the door

Tuesday November 3

Improv

7 p.m.
Augustana Theatre Centre

Wednesday, November 4, 2015

Remembering Palmyra: A Reflection on the Cult of Sacrifice and Human Memory

12-1:30 p.m.
Ronning House (4606 -49 Ave).
David Goa will speak, light lunch will be served.

Rapid Resume Reviews

1-2:15 p.m.
LAB Office, 2nd Floor of Founder's Hall
Drop in and bring your resume for a 15min Rapid Resume Review

Friday, November 6, 2015

Brett Kissel

7:30 p.m.
Tickets available at the Camrose
Kodiaks Box Office

Saturday November 07

Biathlon Fundraiser: Dueling Pianos Boston Pizza Lounge

7 p.m.
Auction: \$20 Tickets available at Dales
Liquor Store and Wideman Paint & Decor

Sharon & Bram

2 p.m.
Loughheed Performing Arts Centre
Tickets: Adults: \$21+GST,
Students & Seniors: \$17+GST

Sunday November 08

Milton Schlosser | Piano

2 p.m.
Loughheed Performing Arts Centre

Tickets: Adults: \$18+GST,
Students & Seniors: \$15+GST

Tuesday November 10

Improv

7 p.m.
Augustana Theatre Centre

Six Guitars

8 p.m.
Loughheed Performing Arts Centre
Tickets: Adults: \$24+GST,
Students & Seniors: \$22+GST

Thursday November 12

Schubertiade: A Celebration of German Lieder

7 p.m.
Faith & Life Chapel
Tickets: Adults: \$10+GST,
Students & Seniors: \$4+GST

Friday November 13

Making Peace with the Land Conference

Augustana Campus

Saturday, November 14

Making Peace with the Land Conference

Augustana Campus

Bill Durst, Blues

Bailey Theatre
Tickets: \$25/general admission, \$15/
students

Tuesday November 17

Improv

7 p.m.
Augustana Theatre Centre

Friday November 20

Sultans of String

8 p.m.
Loughheed Performing Arts Centre
Tickets: Adults: \$24+GST,
Students & Seniors: \$22+GST

Saturday November 21

Augustana Music Student Gala Recital

7 p.m.
Loughheed Performing Arts Centre

Tuesday November 24

Improv

7 p.m.
Augustana Theatre Centre

Thursday November 26

Slocan Ramblers

Bailey Theatre

Tuesday December 1

Improv

7 p.m.
Augustana Theatre Centre

Saturday December 05

A Rose in Winter - Advent Christmas Concert

8 p.m.
Faith & Life Chapel
Tickets: Adults: \$20
Students, Seniors & Children: \$15

Susan Aglukark

8 p.m.
Loughheed Performing Arts Centre
Tickets: Adults: \$39+GST,
Students & Seniors: \$36+GST

Sunday December 6

A Rose in Winter - Advent Christmas Concert

3 p.m.
Faith & Life Chapel
Tickets: Adults: \$20
Students, Seniors & Children: \$15

Tuesday December 8

Improv

7 p.m.
Augustana Theatre Centre

Friday December 11

Shred Kelly, Folk Alternative Rock

Bailey Theatre

Saturday December 12

Snowbird - A Tribute to Anne Murray

7 p.m.
Loughheed Performing Arts Centre
Tickets: \$38.25+GST

Saturday December 19

Tenore, Christmas with You

8 p.m.
Loughheed Performing Arts Centre
Tickets: Adults: \$28+GST,
Students & Seniors: \$25.50+GST

Have an upcoming event you'd like featured in the Dagligtale?
Email us at dagligtale@ualberta.ca

DISTRACTIONS

Easy Sudoku

	6	7		9	3			
	8		4		2		6	
4								2
3	2			7			9	5
			5		6			
5	6			9				4
8								6
	5		3		8		1	
	1	6			4	8		

Hard Sudoku

		1	6			9	2	
				1				
7		4	2			8	6	1
3		6					9	8
	8							7
4		2					3	5
1		3	9			2	7	4
				6				
	8	4				7	1	

Augustana Community Remembers Mark Chytracek

CONTINUED from P1
Coordinator and Residence Assistant, shared one of her favourite memories. Last year, "the entire RA team was invited to his house for Christmas dinner. He introduced us to his family shortcake ... only the heir to the throne of the Chytracek family is allowed the recipe." During the visit Mark and Brandi gave each RA a Christmas shortcake as a good luck for finals. Maru continued, "I felt honored to be a part of that tradition—a random kid from Kenya is suddenly part of this legacy."

Berger also shared his memories of Mark. The most emblematic Mark was visible each year at the student leadership awards ceremony, an event Mark coordinated. For Berger, it was clear that "not only did Mark personally know the students, he had played a role in shaping their development. The hugs that were exchanged at that event spoke volumes." These were not just cursory gestures, but hugs between friends.

In the early years of Augustana, there were scholarships for academics and sports but not for public leadership recognition. Mark created the Leadership Reception not only to recognize individuals in Residence Life, but all active members of Augustana's leadership community.

Mark deflected credit from himself to people around him who he thought deserved to be recognized, "whether he had a huge or minor part in it," said Ford. Mark empowered people. Both Ford and Maru said Mark's constant refrain was "If things go well it's everybody else—if things went wrong it's me."

There are three decades of student leaders whose growth was nurtured by Mark. "Many members of the Augustana family have been transformed by Mark, and then they take that out into the world," said Ford.

Mark's Facebook page has messages to Mark from all over the world, reflecting the global scope of his impact. "Mark has a huge family here and around the world, and he treated people that way, as family," said Ford.

One of the many initiatives Mark was involved with was the International Club and Community.

"Mark always had ideas for the International Club, such as care packages for international students during finals," said Maru.

Maru could always count on Mark as "the guy who authorized things. ... He was of the mindset that money is rarely an issue, just get the project done and I will work out the details of finance."

Then there was his laugh: "If you didn't see him, you could hear him," said Maru.

Mark was known as a humble leader. Maru said that when the RA team accomplished something great, in Mark's mind it was always the team that did it. In reality they always counted on Mark for support and encouragement.

"Just about all our staff and faculty can't remember an Augustana where Mark wasn't heading up the Students Services next to his wife's side. He has literally defined what Student Services and Residence Life are on this campus," said Berger.

Maru said that in everything he did, Mark showed his positive attitude and readiness to do anything to build the community. He was proactive and constantly finding solutions. "He saw roadblocks as a challenge to overcome, not as something to deter him from getting things done." If the RAs wanted to have an event they went directly to Mark. Even if the event was not practical, Maru said, "Mark would have alternatives."

Mark's influence on Residence Life has been tremendous, and his enthusiasm will continue to be passed on to the future Augustana RAs.

"He really built the RA team for what it is now. RAs from other campuses often say, 'What I like is the money and I meet people,' but if you talk to an RA from Augustana they say, 'It's a second family to me,' or 'I found the support I really needed.' His work has trickled down, such that every RA has this inherent need to make the community better. It's an internal motivation," said Maru.

While Residence Life was his focus, every student mattered to Mark. "Mark never hesitated to volunteer to drive a bus, or a 15 passenger bus pulling canoes, or to pick up smelly backpackers. These tasks were never a burden to him. They simply came naturally as if of course, why wouldn't I help and be supportive?" said Ford.

Mark also had a gift for remembering details about people.

Ford was always amazed when people would come back to the campus 10-15 years later and Mark would light up. "Of course very shortly after they were in target range the hug happened." Mark knew when he had attended Augustana, who their parents were, where they had gone with their lives.

"In professional life, peers and colleagues, Mark was a safe person to talk to about anything," said Ford.

Everyone wanted Mark as their su-

This Week's #AsktheDag Questions Answered

By JENNIFER ROZEMA

This week, our answers were provided by Chris Blades from Facilities and Operations, and Lilas Bielopotokoy from Food Services. Who made the new bench in the Quad?

Chris Blades said Mike Clermont, supervisor of Facilities and Operations, built the bench through many volunteer hours.

"Many people may remember the old spruce tree at the end of the lane by the Loughheed Center," Blades said. The bench was created from that same tree after it was cut down when construction of the Loughheed Centre began.

"There were also about 14 clip-pings taken from the tree before it was cut down. These nursery trees will be

brought back to campus to be planted sometime in the future," said Blades.

This tree will continue to play a role on campus once the nursery trees are planted. Is the food at the Café local?

Some of the food at the café upstairs in the Forum is locally grown and bought said Food Services supervisor Lilas Bielopotokoy.

However, there is a limit to the amount of items that can be purchased locally due to growing conditions and changing seasons.

Some of the items that are brought locally come from Edmonton, Strome, Burnaby BC, and other areas in Alberta. These items include roast beef, sprouts, biscotti, cucumbers, Canada Bread, milk and pastries.

"The café also uses fair trade coffee" Lilas said.



Mark Chytracek at a 2011 event on campus.

pervisor because he trusted in people's ability rather than demanding his way. "He had so much trust in the people that worked for him that he let people do their jobs. He was the kind of person everyone wanted to report to ... and he modeled that to others," Ford said.

Mark framed decision making within the context of compassion. He told Ford, "Anything you do out of love and concern of students, I will support you."

The decision to hold the celebration of Mark's life in the gymnasium could not have been more fitting because he has had such an influence on Augustana athletics and the overall Vikings spirit. His

tattoo—a combination of the Augustana Viking symbol and the Minnesota Vikings football logo—is evidence of his passion and support of the sports teams. "Alongside Les Parsons, Mark was the biggest Augustana sports fan ever," said Berger.

Ford said Mark's passing is like "a piece of the heart of the institution [being] ripped out," but in many ways Mark Chytracek will always be at the heart of Augustana. He touched so many people's lives throughout the course of his own. He will live on not just through the services and programs he helped develop, but more importantly in the hearts, minds, memories and stories of all who knew him.

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Everything You Need to Know to Get in to Grad School

By JENNIFER HA

In today's job market, a bachelor's degree is often not enough. Many dream careers require schooling beyond an undergraduate degree.

As students attending a primarily undergraduate campus, students at Augustana may find the idea of graduate school confusing or even daunting. However, once you get a sense of what qualifications and preparation go into a grad school application, the process will seem easier.

Preparing

At the Psychology Club's Grad School Info Night on Oct. 15, Professor Sean Moore explained the process of applying for graduate studies.

Moore emphasized the importance of starting early and thinking long-term when pursuing graduate studies. Graduate studies are a commitment to a future career and you have to think accordingly.

Once you've decided to pursue a master's degree, there are more decisions to make: Do you want to take a course-based or a research-based program?

Course-based programs still offer research components just as research-based programs feature courses. The difference is that a research-based master's will provide an opportunity to conduct original research.

Moore notes that those who opt to conduct research during their master's usually have the inten-

tion of pursuing a doctorate degree.

Tests

Many graduate programs use test scores to assess whether your thinking is suited to the program and related careers.

The Graduate Record Examination (GRE) is the standardized test designed to measure skills rather than knowledge. The test is divided into three sections—analytical writing, verbal reasoning, and quantitative reasoning—and assesses skills such as reasoning, critical thinking, and writing.

Taking the GRE is not required for every grad school application in Canada. Each program's admission requirements page should indicate whether or not they require the test.

Programs in Biochemistry, Cell and Molecular Biology, Biology, Chemistry, Literature, Mathematics, Physics, or Psychology, may ask for a GRE Subject Test—an additional exam testing for subject-specific knowledge.

Professional programs require their own standardized tests. Medical schools ask applicants to submit scores from the Medical College Admission Test (MCAT). Applicants pursuing Dentistry take the Dental Admission Test (DAT) and applicants to Law School must submit the Law School Admission Test (LSAT).

Because of their prevalence, numerous courses, workbooks, and associated resources are available to help appli-

cants prepare for each standardized test.

Marks

While a 4.0 GPA is impressive, it may not do much to give you an edge when applying for grad school. Though the odds differ by school and program, it is likely that the group of people applying for graduate studies will include many high-achieving students. Being one of many 4.0 applicants makes the 4.0 less than exceptional.

While marks may not ensure you a

cause you to be rejected from a program.

Some schools only look at your most recent 60 credits, but there are plenty that look at your entire undergraduate degree. This makes it all the more important to think long-term and start early.

The Other Stuff

The process of applying to a grad school goes beyond just standardized test scores and transcripts. In order to be successful, applicants should have relevant experience, glowing recommendations, and an exceptional statement of intent.

Relevant experience indicates you're a well-rounded individual who is involved in the community outside of school. It also shows your commitment to your field. Your experience demonstrates your knowledge and awareness of the field you are pursuing.

The statement of intent is important because it gives the admissions board an idea of your personality, commitment, and writing skills. Psychology professor Derek Truscott said that the fine line between individuality and flexibility is key when creating your statement of intent.

You want your statement of intent to establish your uniqueness and individuality, and to show that you would be a passionate, qualified addition to the program. You should touch on the specific reasons why the particular program you are applying to is best for your specific skill set and interests.

The process of applying to a grad school goes beyond just standardized test scores and transcripts.

spot in your program, grades are still very important. Many programs have a minimum GPA they require before an application will even be considered. And if the admissions board decides to rank applicants by average, high marks will be beneficial.

Some programs will only consider the top half of applicants or less to narrow down the number of applications. In these cases, programs typical use marks as an indicator. That means that if you are one of 100 applicants that range from a 4.0 to a 3.8 GPA, even a 3.8 GPA can

LGBTQ Safe Space Coming to Camrose Library

Submitted by JUSTIN REINKE

You may have found yourself looking at a "Safe Space" sticker on your professor's office door or on your RA's door and wondered what a safe space is and why we bother having them? These questions are not uncommon, and it is important to address the concept of a safe space and why we need them.

In essence, a safe space is a place designed as an understanding, accepting environment where anyone can go to feel valued, safe, and understood as a whole

person instead of being identified as a label.

The presence of these spaces is especially important in environments or communities where oppression and stigmatization of minorities is apparent.

Typically these safe spaces are most needed in conservative communities, but that does not mean safe spaces serve no purpose in more accepting communities—such as Augustana. This is because some people who are a part of minorities (with the stated focus being on sexual and gender minorities) assume

that they are not safe in public areas in order to protect themselves from potential threats by expressing who they are.

In a safe space, people are assured understanding and an accepting environment. Because of this assurance, it is important to have safe spaces in all communities, regardless of the apparent attitude towards those who are typically oppressed.

However, safe spaces are not reserved for just minorities but are meant for everyone. If you have an open mind and are willing to accept other people's differences, a safe space is a place for you too.

These spaces are great for learning from others' experiences, embracing your own uniqueness and participating in discussion about perspectives you may not have been exposed to before.

In recognition of the importance of these spaces and diversity, the Camrose Public Library is opening a designated safe space in the youth section of the library. The Grand Opening of this space,

The Bunker

LGBTQ Safe Space

GRAND OPENING

When - November 6th, 6 pm
Where - Camrose Public Library (4710 50th ave)

Dr. Sean Moore will be discussing healthy relationships over a pizza supper. Stick around after the discussion for movies and games!

called "The Bunker", is Nov. 6 at 6 p.m.

There will be pizza and a casual discussion of healthy relationships by Augustana's own Professor Sean Moore, followed by the movie "GBF" and games.

Come out to enjoy and support this wonderful initiative! Keep an eye out for our posters.

BRING IN THIS COUPON AND GET

FREE

ICED COFFEE

WITH ANY REGULAR SIZED BOX

WOK BOX